

SNOHOMISH COUNTY COVID-19 BRIEF



September 18, 2020

Fight COVID-19 blues by setting healthy routine, mental health experts say

The mental health impacts of COVID-19 were the focus of a Zoom briefing on Friday morning. Dr. Megan Gary, assistant medical director and practicing psychiatrist with Kaiser Permanente Everett Medical Center, Rena Fitzgerald, crisis services senior program manager for Volunteers of America Western Washington, and Dr. Kira Mauseth, practicing clinical psychologist and co-lead of Washington State Department of Health Behavioral Health Strike Team, spoke during the briefing.

They all have observed a “concerning” uptick in mental health calls during the COVID-19 pandemic. Since May, the Volunteers of America’s local crisis line’s call volume has increased 44%.

There are key steps people can take to help, especially heading into fall and winter seasons that are expected to be particularly challenging for mental health. These steps include setting a routine for eating, exercising, and sleeping. It’s also important to maintain connections in safe ways with your loved ones, even if you can’t see them in person, and to set realistic expectations of yourself and others.

Perhaps most important is to remember that intense emotions are normal during this challenging time, and you are not alone.

“Sometimes when people have an increase in these negative feelings, they’re not sure if they’re supposed to be having them or not, and it’s completely normal for people to have an increase in anxiety and worry for the future right now,” Fitzgerald said. “It’s important that we all take care of ourselves so that we can help take care of one another. We’re not alone in dealing with the emotional toll the pandemic is having on us. Help is available 24/7.”

Watch: <https://youtu.be/VfjyxNEJM8o> or read the transcript: <https://www.snohd.org/DocumentCenter/View/4967>

And a list of mental health resources is available here: <https://www.snohd.org/DocumentCenter/View/4968>



COVID-19 drive-thru testing resumes

With the air quality starting to improve, the Snohomish Health District is resuming its drive-thru testing operations. Those who had appointments cancelled because of the closures were contacted and informed they could be tested on Friday from noon to 4 p.m. at the 3900 Broadway site in Everett.

The new schedule at 3900 Broadway in Everett is as follows:

- Saturday, September 19 from 9 a.m. to 2 p.m.
- Monday, September 21 from 9 a.m. to 4 p.m.
- Tuesday, September 22 from noon to 7 p.m.
- Wednesday, September 23 from 9 a.m. to 4 p.m.
- Thursday, September 24 from noon to 7 p.m.
- Friday, September 25 from 9 a.m. to 4 p.m.

In addition to the Everett site, the Health District will also be offering testing at the Lynnwood Food Bank on Tuesday, September 22. Appointments will be available from 9 a.m. to 4 p.m. at 5320 176th St SW.

COVID-19 testing at the Health District's sites is now available to anyone, including those needing testing for pre-op visits or travel requirements. Turnaround time is 3-4 business days, and the Health District cannot rush results to meet personal deadlines for medical procedures or travel. Staff have also rolled out a new process to provide proof of testing that individuals can use to show employers, healthcare providers or for travel-related needs.

If demand for testing exceeds capacity, or if disease transmission increases again, the Health District may have to restrict eligibility again. Testing remains strongly encouraged for individuals that fit the following criteria:

- Anyone with any of the following COVID-19 symptoms (fever or chills, cough, shortness of breath or difficulty breathing, fatigue, muscle or body aches, headaches, new loss of taste or smell, sore throat, congestion or runny nose, nausea or vomiting, diarrhea); or
- Close contact of a confirmed case; or
- Anyone who lives or works in a congregate setting; or
- Work in healthcare, EMS, law enforcement or other fields where work settings have a higher risk of catching or spreading COVID-19; or
- Part of a family or social network that has had a case.

Registration is now open at www.snohd.org/testing. Insurance information is collected and the lab will bill insurance. There are no co-pays for COVID-19 testing. If you do not have insurance, the test will be provided at no charge.

A new phone line has been established for test registration help, particularly those without internet access or needing translation services. That number is 425.258.8425, and it will be staffed M-F from 8:30-4:30, but people can leave a message after hours.

To make it easier to find other options to get test near you, the Health District and the Washington State Department of Health have created additional tools. The Health District has developed [a table of other providers within Snohomish County](#), including those that offer travel testing. DOH has created a new webpage to help people find [COVID-19 testing locations](#) throughout the state. People are encouraged to call ahead to verify information has not changed.



Drive-Thru Testing: Sept. 19-Sept. 25

Our drive-thru testing is available Sat-F at 3900 Broadway in the large parking lot near Everett Memorial Stadium.

Register for an appointment & find more info at
www.snohd.org/drive-thru-testing

Starting September 19, testing is available at 3900 Broadway:

- Saturday, September 19, from 9 a.m. to 2 p.m.
- Monday, September 21, from 9 a.m. to 4 p.m.
- Tuesday, September 22, from noon to 7 p.m.
- Wednesday, September 23, from 9 a.m. to 4 p.m.
- Thursday, September 24, from noon to 7 p.m.
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***Testing will also be offered at the Lynnwood Food Bank on Tuesday, September 22, from 9 a.m. to 4 p.m.**

Testing is for COVID-19 and is by appointment.
Results should be available in 3-4 business days.



For now, indoors is safer

Until wildfire smoke clears indoors is safer. Smoke in the air can make you more susceptible to a respiratory infection like COVID-19 and underlying respiratory infections can make you more sensitive to smoke.

Monitor air quality: <https://bit.ly/2ZB3zSY> and <https://bit.ly/32uSdlo>

Wildfire smoke info: <https://bit.ly/337uo24>

Health guidance: <https://bit.ly/3jZw9oQ>



**Stay safe...
stay indoors.**

Wildfire smoke can be dangerous.

"The best way to protect you and your family this year through this smoke season will be to stay indoors and keep indoor air as clean as possible when the signals from us or the Puget Sound Clean Air Agency indicate that air quality is compromised."

-Dr. Chris Spitters, Health Officer

 **SNOHOMISH**
HEALTH DISTRICT
WWW.SNOHD.ORG

 **Snohomish County**

Arlington Public Schools to start bringing more students on campus Oct. 5

The Arlington School Board has approved bringing back kindergartners and first graders within a hybrid model starting on Monday, Oct. 5 as COVID-19 cases continue to decrease in Snohomish County. The Snohomish Health District has stated that a reasonable next step is for schools to begin planning for how to expand in-person learning to elementary school students, as well as to students with high needs in any grade level not already receiving in-person services.

Arlington Public Schools has a six step reopening plan to bring students back on campus. The district is currently in step 3. Step 3 allows for certain students with the greatest need for additional support to be on campus with all other students participating in distance learning.



The district will begin moving into step 4 incrementally with kindergartners and first graders on campus next month for two days of instruction and three days of distance learning. Half of the students would be on campus on Monday and Tuesday and the other half would be on campus on Wednesday and Thursday to better comply with the COVID-19 health and safety measures as set forth in guidance from the Department of Health and Office of Superintendent of Public Instruction.

More information [here](#).

City of Bothell Mask Distribution, Sept. 23

The City of Bothell will be distributing free, reusable fabric masks. The masks are part of 25 million face coverings King County purchased to encourage the availability and use of personal protective equipment in response to COVID-19.

Free masks will be available at various locations in Bothell throughout fall. Scheduled events:

Date: Wed, Sept. 23

Time: 4:00-7:00pm

Location: Park at Bothell Landing (near Pop-up Dog Park)

Address: 9919 NE 180th St, Bothell, WA 98011

Know before you go:

- Masks are made of cloth and are both washable and reusable.
- Mask distributors will be in PPE (personal protective equipment) for your protection.
- Masks are limited to two (2) per member of household. Members of household do not all need to be present - simply let our staff/volunteers know how many people reside in your household.
- While we expect to have enough masks for everyone, these events are first-come, first-served.

If you need a face mask, and cannot attend one of our distribution events, please email recreation@bothellwa.gov.

NEED A FACE MASK? WE'VE GOT YOU COVERED!

Pick-up free, reusable face masks on:



4:00-6:00PM



PARK AT BOTHELL LANDING
9919 NE 180th St
Booth near Pop-Up Dog Park

New date



City of Bothell™

More info at: bit.ly/BothellCovid

Edmonds CARES gives out more than \$150,000



Edmonds CARES fund has given out more than \$150,000 to residents in need and \$300,000 is still available for housing, groceries, child care, utilities, medical bills

Tapping into the Federal CARES Act Fund and re-allocated City funds, the City of Edmonds continues to distribute funds from its \$450,000 "Housing and Supplementary Relief" program, offering grants of up to \$1,000 for 1- and 2-member households and \$1,500 for households of 3 or more members to cover expenses related to rent/mortgage, food, medical bills, child care, gas or utilities. The only requirement is that residents must earn no more than 60 percent of the Snohomish County Median

Income. Here is the link to see if you qualify. <https://wellspringfs.org/edmonds>

Recognizing that some families may need assistance more than once during this stressful period, the Edmonds City Council, on Sept. 15, amended its requirements to allow for disbursing more than one grant to qualifying households, in light of continuing need and consideration of new applicants.

"This crisis isn't over so it only makes sense that, if we can, we should continue to help families that are still not back on their feet," said Patrick Doherty, Economic Development and Community Services Director.

The City is also redoubling its efforts to connect with the non-English speaking community who have been especially hard hit by the economic fall-out from COVID-19.

“Our non-profit partners, [Wellspring](#), [Washington Kids in Transition](#), and [Homage](#), have the ability to engage in other languages and can provide help filling out forms,” Doherty said. “Take a look at the online application portal and consider applying for one of these grants. They are making a difference in hundreds of lives.”

Grants are disbursed on an on-going basis through November.

\$10,000 grants available to small Lynnwood businesses

On Monday, September 14, 2020, the Lynnwood City Council unanimously approved the allocation of an additional \$300,000 of the City's federal CARES Act funding to be put towards a business relief program to provide economic support to our local small businesses that have been negatively impacted by COVID-19.

During round 1 of the Small Business Relief Grant program the City of Lynnwood distributed 50 grants of \$10,000 to local small businesses.

Eligible Businesses: In order to be eligible for the City of Lynnwood Small Business Relief Grant, the following eligibility requirements must be met:

- For-profit businesses with a physical (brick and mortar) location in the City of Lynnwood
- Been in operation and licensed with the City of Lynnwood since May 31, 2019
- Have a current City of Lynnwood Business License
- 10 or less employees, including the owner
- Ability to demonstrate at least a 25% decrease in revenues due to COVID-19
- Businesses who did not receive a Lynnwood Small Business Relief Grant in Round 1

Eligible Expenses:

- Retaining and/or supporting employees, payroll and benefits
- Business rent or mortgage payments
- Increasing technology capacity to enable alternative work forms or service delivery
- Creating new marketing campaigns
- Revising business plans
- Paying vendor invoices, utility bills or purchasing inventory and supplies
- Facility cleaning/restoration
- COVID-19 related expenses including PPE or improvements to meet safety and social distancing requirements

Application:

The application is available now and must be submitted online by September 27, 2020 at 4:00PM. No applications will be accepted after this deadline. For more information or to apply online visit: www.LynnwoodWA.gov/SmallBusinessGrant

All eligible businesses submitting a complete and timely application will have a chance to receive a grant of up to \$10,000 until all funds are exhausted. A total of \$300,000 of funding is available. Funds may be used for existing operating expenses, including business rent or mortgage, payroll, utilities, inventory, marketing, and improvements to meet social distancing requirements. Documentation of expenses will be required to be submitted if a grant is awarded, and eligible expenses must be incurred within the time period of March 1, 2020 to November 30, 2020.

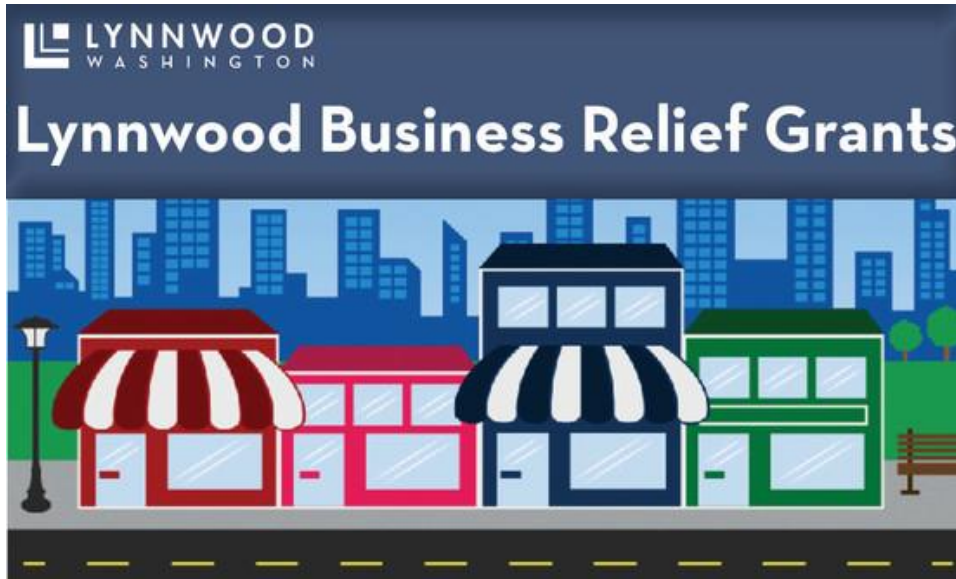
Funding is limited. All applicants may not receive a grant, and some applicants may receive a grant in an amount less than \$10,000. Grant funds may be taxable. Please consult with your financial advisor for guidance. Grant

recipients will be required to enter into a Grant Agreement with the City which will require the filing of a report on how the funds were spent. Grant recipients must also submit a W-9.

[Español - Spanish](#)

[한국어 - Korean](#)

For more COVID-19 business resources, visit LynnwoodWA.gov/COVID-19BusinessResource.



Monroe 2020 Business Survey launched

Monroe businesses are encouraged to complete the 2020 Business Survey. Businesses and residents are facing unprecedented challenges brought on by COVID-19, such as shut downs, drop in consumer demand, travel restrictions, and more. The survey will potentially help Monroe zero in on ways in which they can support Monroe businesses including policies and programs aimed at relief and support. The survey will take approximately 25 to 30 minutes to complete. Deadline to complete the survey is October 31, 2020.

If you have questions, please contact James Palmer at JPalmer@MonroeWA.gov or call 360-631-0500.

[Take the Survey](#)



COVID-19 vaccine update: Prioritization and pilot project plans

The Washington State Department of Health [provided an update](#) on progress being made toward a COVID-19 vaccine.



Five federal regions (four states and a city) have been chosen to be pilot states in the CDC's planning. Washington is not one of the pilot states. However, we will develop our plans based on lessons learned from the pilot project. Yesterday we received, from the federal government, the interim playbook. We are now reviewing it, and are on a 30-day clock to return our plans by October 16th.

We want to remind people that when a coronavirus vaccine is approved and released, we will not have enough at first to offer it to everyone. Prioritization will happen at the federal level first. Because there won't be a lot of vaccine available in the first round, the state will work on further prioritization.

Some possibilities for the first priority groups to receive vaccine are:

- Essential workers
- Health care workers
- Residents and workers at long-term care facilities

All possible vaccine candidates are in various stages of testing in humans to ensure they are both safe and effective. We will watch the FDA approval process closely to make sure it is thorough and transparent. The department is committed to science and the need to critically evaluate these new vaccines for their safety and efficacy in an unbiased way before their use. We will know more once current studies conclude. It's typical for most vaccine candidates to not make it to the final stages of testing, so likewise, we do not expect 100% of all COVID-19 vaccine candidates to come to market.

Vaccine distribution will adjust over time as the number of available doses increases, moving from limited to broader populations in a phased approach.

We do know that the federal government will cover the cost of the coronavirus vaccine. It is possible that healthcare providers may charge a fee to administer the vaccine, and/or for the cost of an office visit. Health insurance will most likely cover these fees. We will work with other state agencies to understand and address barriers related to health insurance coverage, and to make the vaccine accessible at no-cost to people without health insurance.

Supply kits will include vaccine record cards, alcohol swabs, syringes, limited personal protective equipment (PPE) and similar items needed to administer a vaccine. We will know more about what supplies are needed once vaccines are approved. For example, one vaccine candidate may need to use a freezer with ultra-cold temperatures beyond a typical vaccine freezer's capability. This vaccine may need to be shipped directly from the manufacturer to the site of vaccination.

Emphasizing the importance of testing: Make sure you have a plan



As summer turns into fall, all eyes have turned to the possibility of a vaccine in the coming months. But the Washington State Department of Health wants to remind people across the state about the importance of COVID-19 testing.

To make it easier to find a test near you, the Department of Health has created a new webpage to help people find [COVID-19 testing locations](#) throughout the state.

One of our primary testing goals is to increase the amount of people getting tested. “The best way to do this is to make sure that people in counties with high positivity rates have access to testing and are proactively getting tested when they need it,” said Dr. Charissa Fotinos, state COVID-19 testing leader and Deputy Chief Medical Officer for Health Care Authority. “Right now, this is not happening enough, and we need it to drastically increase if we are going to stop COVID-19 from spreading rapidly, especially in disproportionately impacted communities and among our essential workers.”

Tests are being offered in a variety of settings: Through doctor and healthcare provider offices, some pharmacies, and community health clinics. Some places in the state have set up drive-thru and mobile clinics. There are also tests that can be ordered online and performed at home. And tests are free for people who have symptoms or who have been exposed. Insurance companies are not allowed to charge co-pays, facility fees or require prior authorization when someone is being evaluated for and tested for COVID-19. We need to prioritize our testing among people with symptoms of COVID-19 and those who have been directly exposed to someone with COVID-19.

The key to testing success is having more people seeking it out when they need it. Dr. Fotinos said, “We want people to have a plan to get tested should they need it. We want the experience to be easy, positive, and accessible no matter when you may need to get tested.”

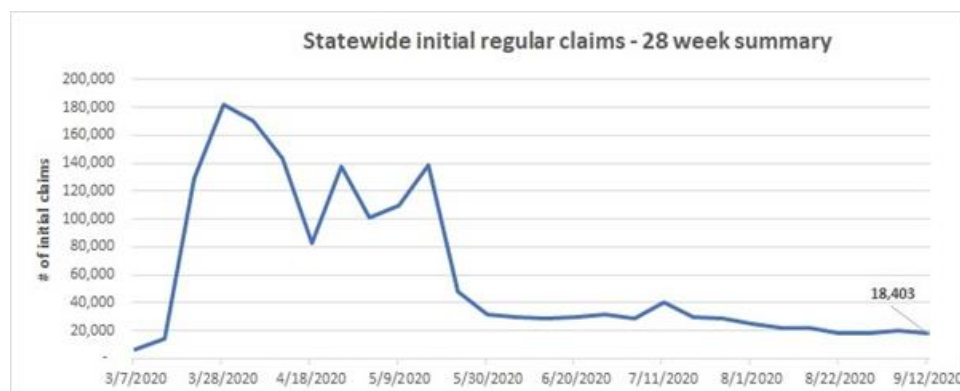
Testing plays a major role in how well we control the spread of COVID-19 in Washington. Testing, as well as the wearing of face coverings, keeping physical distance from those outside your household, and frequently washing your hands, coupled with calling back public health staff who are conducting case investigation and contact tracing to track down the virus and stop transmission, is a key to managing this pandemic in the long term.

Unemployment in Snohomish County, state continues to decline

Unemployment claims in Snohomish County dropped 14% during the week of September 6 through September 12, from 2,391 to 2,056 the state Employment Security Department said Thursday.

Statewide there were 18,403 initial regular unemployment claims, down 8% from the prior week.

The state paid out more than \$157.3 million for 340,352 individual total claims – a decrease of \$19.5 million and 16,349 less individuals compared to the prior week.



Washington’s economy added 19,800 jobs in August and the state’s preliminary seasonally adjusted monthly unemployment rate for August decreased from 10.2 percent (adjusted) to 8.5%, according to the state Employment Security Department.

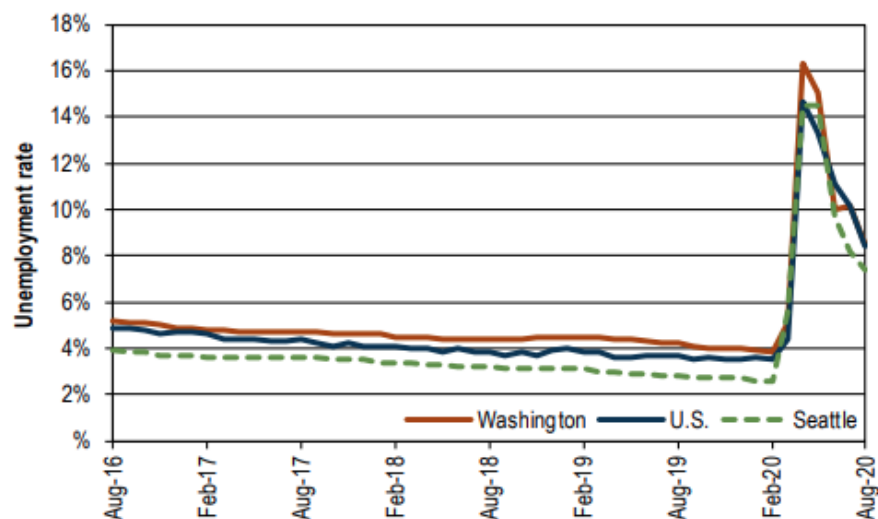
From July 2020 to August 2020, the number of people who were unemployed statewide decreased from 403,700 to 337,800. In the Seattle/Bellevue/Everett region, the number of people who were unemployed decreased from 141,300 to 127,600 over the same period.

Snohomish County unemployment was [8.8% in July](#), the most-current statistic available.

“The swings in payroll employment have been sizeable since March,” said Paul Turek, economist for the department. “Although the jobs market continues to heal, August marks a slowdown from the initial hiring rebound from reopening.”

For more information, see the [full press release](#).

Unemployment rates, seasonally adjusted
U.S., Washington and Seattle, August 2016 through August 2020
Source: Employment Security Department/LMEA; U.S. Bureau of Labor Statistics,
Local Area Unemployment Statistics



August 2020 preliminary
unemployment rates:

U.S. (preliminary) 8.4%
Washington (preliminary) 8.5%
Seattle area (preliminary) 7.4%



L&I issues COVID-19 Hazard Alert on hospital worker safety



Concern over COVID-19 cases in hospital workers has prompted the [Washington State Departments of Labor & Industries \(L&I\)](#) and Health (DOH) to clarify and update hospital guidance to prevent the spread of the virus to staff and patients.

The state [Hazard Alert](#) issued today highlights key worker safety and health requirements and guidance on employee training, proper use of respirators and Personal Protective Equipment (PPE), social distancing, disinfecting procedures, and the importance of a comprehensive infection control program. The alert aligns hospital requirements with the most current information about transmitting the virus.

“Health care workers are on the front lines of the pandemic caring for others. This Hazard Alert spells out what hospitals must do to take care of all of their workers to prevent them from getting infected on the job,” said Anne Soiza, L&I assistant director for the Division of Occupational Safety and Health (DOSH).

“Employee safety and patient safety are equally important,” Soiza added.

The alert covers several key areas including training on COVID-19 procedures and infection control.

Among the requirements, hospitals must:

- Replace disposable respirators and procedural masks daily at the beginning of each shift and immediately upon employee request when soiled or damaged during the shift. Multiple shift use of disposable respirators/masks is not allowed.
- Train and ensure sick employees do not report to work and immediately leave work when they become symptomatic.
- Ensure facilities are adequately staffed with qualified infection prevention staff and resources.
- Provide adequate space and procedures for employees to physically distance at a minimum of six feet in break rooms, nurse stations, cafeteria and other spaces where they congregate.
- Maintain hospital-wide policies and procedures consistent with state and national guidelines as they evolve for COVID-19.

L&I is working closely with the state [Department of Health](#) (DOH) on this issue. DOH supports local health agencies as they respond to COVID-19 cases and outbreaks, including those at hospitals, and conducts oversight of hospitals under state licensing laws.

DOH is coordinating with local health agencies and the Washington State Hospital Association on opportunities to provide hospitals with the education and support necessary to keep health care employees and patients safe from COVID-19 and other infections.

Guidance for specific industries

Along with the guidance for health care and long-term care workers, guidance for other industries is available on the [L&I DOSH coronavirus webpage](#).

Inslee extends proclamations; updates guidance for weddings, funerals, and real estate

Truck driver hours

Gov. Jay Inslee has extended the COVID-related commercial truck driver hour waiver to align with the federal waiver extension to December 31.

Read the full proclamation [here](#).

Updated guidance for weddings and funerals

Gov. Jay Inslee announced updated [guidance](#) for weddings and funerals as part of Washington's [Safe Start](#) phased reopening plan.

The update allows wedding and funeral receptions to resume, as long as they meet specific requirements.

- Receptions and ceremonies must be capped at 30 people, or 25% of venue occupancy, whichever is less
- All tables at the reception must be seated by household, with table sizes capped at 5 people

- Facial coverings are required, and social distancing must be maintained

Read the full guidance document [here](#), and associated memo [here](#).

Updated guidance for real estate

The update has expanded the number of people permitted at in-person [real estate activities](#) from three to five. This allows families and other parties to conduct walk-throughs, viewings, appraisals, and inspections. Physical distancing and cloth face coverings remain required precautions.

Find a full list of current reopening guidance [here](#).



Confirmed and probable cases of COVID-19 in Snohomish County

Case counts as of September 18, 2020.

Case Count	Last Updated: 1:54 p.m. 9/18
Confirmed	6,710 (up 30 cases from 9/17)
Probable	895 (down 2 cases from 9/17)
Deaths	208

Jurisdiction	Last Updated: 1:54 p.m. 9/18
Arlington	325 (290 recovered)
Bothell*	552 (483 recovered)
Brier	36 (34 recovered)
Darrington	11 (9 recovered)
Edmonds	592 (518 recovered)
Everett	2,170 (1,917 recovered)
Gold Bar	19 (16 recovered)
Granite Falls	54 (46 recovered)
Index	-0-
Lake Stevens	355 (303 recovered)
Lynnwood	1,193 (1,061 recovered)
Marysville	675 (578 recovered)
Mill Creek	124 (103 recovered)
Monroe	344 (276 recovered)
Mountlake Terrace	203 (190 recovered)
Mukilteo	127 (113 recovered)
Snohomish	487 (428 recovered)
Stanwood	199 (171 recovered)
Sultan	37 (33 recovered)
Tulalip	54 (46 recovered)
Unknown/Other	<5 (<5 recovered)
Woodinville*	29 (23 recovered)
Woodway	15 (14 recovered)

City counts include both confirmed and probable cases. Numbers less than 5 are suppressed to protect medical privacy. Unknown includes cases still under investigation.

*Counts are for portions in Snohomish County only.

ESSENTIAL LINKS AND PHONE NUMBERS FOR UP-TO-DATE INFORMATION

- [Snohomish Health District](#)
- [Snohomish County](#)
- [Snohomish County COVID-19 Response & Community Resource Hub](#)
- [Washington State](#)
- [Centers for Disease Control and Prevention](#)
- Snohomish County COVID-19 Phone Line: **425-388-3944**
- Línea telefónica COVID-19 del condado de Snohomish: **425-388-7120**
- Washington State COVID-19 Hotline: Call **1-800-525-0127** or text **211-211** for help

